The invention claimed is:

1. A seating unit, comprising:

an adjustably positionable component;

a control mechanism operably connected to the component and including first and second members, each having a generally smooth curvilinear load bearing surface and a plurality of teeth adjacent the load bearing surface, wherein the load bearing surfaces are in contact to transfer loads, and wherein the teeth of the first and second members are in engagement to provide non-slip rotation.

2. The seating unit of claim 1, wherein:

the load bearing surfaces of the first and second members define an arc of constant radius.

3. The seating unit of claim 2, wherein:

the arcs each define an axis, and the load bearing surfaces extend less than three hundred sixty degrees about each axis.

4. The seating unit of claim 1, wherein:

the adjustably positionable component comprises a seat.

5. The seating unit of claim 4, including:

a housing;

an adjustment member; and wherein:

the first member is pivotably mounted to the housing, and wherein movement of the adjustment member rotates the first member.

6. The seating unit of claim 5, wherein:

the contact between the load bearing surfaces define a fulcrum point; and including:

a spring rotatably biasing the second member about the fulcrum point, and wherein rotation of the first member adjusts the amount of bias of the spring.

7. The seating unit of claim 6, including: an adjustable stop limiting the rotation of the second member.

8. A mechanism comprising:

first and second members having a range of movement relative to one another, each member having a generally smooth curvilinear load bearing surface and a plurality of teeth adjacent the load bearing surface, wherein the load bearing surfaces are in contact to transfer loads, and wherein the teeth of the first and second members are in engagement, at least one of the first and second members having teeth arranged in an arc that extends less than three hundred and sixty degrees about an axis defined by the arc; and

a stop limiting an allowable range of movement of a selected one of the first and second members relative to the other one of the first and second members.

9. The mechanism of claim 8, including:

a base; and wherein:

the first member is rotatably mounted to the base.

10. The mechanism of claim 9, including:

an adjustment member movably engaging the base, the adjustment member engaging the first member such that movement of the adjustment member rotates the first member.

11. The mechanism of claim 10, including:

a resilient member engaging the base and the second member and rotatably biasing the second member relative to the first member.

12. The mechanism of claim 11, including:

an output bracket connected to the second member for biasing an associated adjustable component of a seat; and wherein:

the stop comprises a cam member having a plurality of stop surfaces configured to engage the output bracket to limit the travel of the output bracket relative to the base.

13. The mechanism of claim 12, wherein:

the resilient member comprises a spring.

14. The mechanism of claim 10, including:

a handle; and

a clutch frictionally interconnecting the handle to the adjustment member to limit the amount of torque that can be transmitted from the handle to the adjustment member.

15. The mechanism of claim 14, wherein:

the adjustment member comprises a threaded rod.

16. The mechanism of claim 8, wherein:

the stop is adjustable to selectively vary an allowable range of movement of the second member relative to the first member.